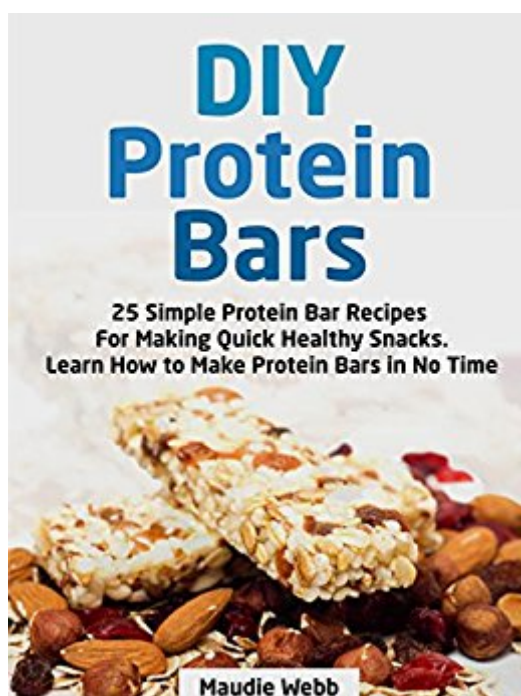


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# **DIY Protein Bars: 25 Simple Protein Bar Recipes For Making Quick Healthy Snacks. Learn How To Make Protein Bars In No Time (diy Protein Bars, Protein Bars, High Protein Snacks)**



## Synopsis

This book covers some proven steps and strategies on how to make your own amazing protein bars. There are 6 chapters in this book that provides with everything you need to know to get the best. This book is a result of research on protein bars and recipes currently popular all over the world. If you read this book, you will learn how to make your protein bars at home, why its beneficial, and best practices. Protein is essential for your health. You need it regardless of whether you are interested in working in a gym. If you do not get enough protein, the results can be devastating: delayed development, a weakened immune system, and poor cardio and respiratory performance are just some of the negative effects that you might experience. Protein helps you perform at your optimal level. Protein bars provide nutritional support to your body throughout your entire day. They can be made from soy, whey, or other protein bases and are mixed with other ingredients to provide your body with the nutritional support that it needs. Often, they also provide good fats and other ingredients that your body relies upon for energy and muscle support. And that's why you need this book. In this book, we will discuss in detail how to make your own delicious and healthy protein bars. You'll learn things like

- Protein bar basics
- Important things you should know about protein bars
- 25 amazing DIY protein bar recipes
- Benefits of protein bars
- How protein bars will benefit your diet

Thanks again for reading. I hope you like it! Enjoy your DIY protein bars!

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## Book Information

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## Customer Reviews

First off let me say that I was given this book in exchange for my honest review... That being said, the recipes do look good... It appears to be a really nice collection of recipes and from what I have seen so far the ingredients are pretty easily accessible... The key word there is accessible, because if you want to try these recipes and you are not already making your own protein bars you will need to make a trip to the grocery store, as most of the recipes call for different types of flours and seeds that I know at least I don't have on hand in my pantry. I am also going to mention since my Husband is a diabetic a lot of the recipes call for honey or maple syrup which is really high in carbs and not a great ingredient for a diabetic. Lastly, I wish it had the nutritional information since my Husband is a diabetic I like to know how many carbs are in the recipes I'm trying...

The author gives information for Protein bars that only need four main components for a basic protein bar: oatmeal, nut butter (such as peanut butter or almond butter), a liquid base for mixing such as almond milk, and protein powder certainly sounds easy. Other ingredients can be added for more flavor, better taste and the bars will cost less then buying them from a storeIncluded is information about what grains and proteins to use: whole grains like rolled oats, quinoa, amaranth, millet for the specific benefits for the body. Proteins from certain seeds such as flaxseeds, chia seeds, hemp seeds, sunflower seeds, pumpkin seeds, or sesame seeds.Walnuts, cashews, pistachios, almonds, and pecans are full of protein and are great to use in recipes.Included is information about choosing the right protein bar for oneâ™s personal needs and likes, how making your own protein bars can help avoid potential allergens.In reading this book one will find the 5 easy steps of making a Protein Bar and of course, Recipes. The recipe for Scrumptious Snicker Flavored Protein Bars is a winner! No-Bake Peanut Butter Protein Bars is simple and easy to make.I received a free copy of this book for reading it and doing an honest review.I like this book and I want to make batches of protein bars to send to my two grandchildren who are college students they always need a healthy protein boost. The protein bars are a great alternative to chips and brownies.

A hundred pages of pure enjoyment. What could be better than a protein bar from Huckleberries or your favorite health foods store? Well, from your own oven, of course. If you don't mind taking 30 minutes of your time to produce some yummy, healthy and good for you treats ... then go ahead and pay \$199 or more for a little bar from the health food store. But, 30 minutes is so worth the flavor of homemade plus knowing that everything in it you KNOW it's healthy and safe. My favorite would have to be the No-bake Vegan Chocolate Chip bars (I'm a chocoholic, so I substituted carob chips instead, and they still tasted great). Those breakfast bars and four ingredient ones are pretty tasty too. What I like best is that Ms. Webb has a few extra sections that contain information about the grains used, how they taste what each works well with and ends the book with a chapter called 5 EASY STEPS to making your own Protein bars. Great tips! Mine came out soft and chewy, just like my family loves them.

I received a PDF version of this book at no charge in exchange for my honest review. I really like this recipe book. In addition to the recipes (all of which sound delicious and nutritious), there is a great introductory section which discusses the whys and wherefores of the ingredients of protein bars. I especially liked that there were many alternative sources of protein aside from protein powders provided. The author has a clear focus on the healthiness of ingredients but the one thing that she misses out on is a caution on using soy-based protein powders, the problem being that 90% of soy grown today uses GMO "Roundup Ready" seeds. Many of the recipes are simple, making use of only a few ingredients but there are also a good number that are quite complex and unless you have an exceptionally well-stocked pantry, plan on making a shopping list and heading to your local health food store. And if you find yourself in a jam and need to buy a protein bar instead of making a batch, there is an excellent section on choosing a good commercial bar. Overall, this is a very worthwhile book to have as part of your kitchen library.

I got hungry just looking through this book, and it was nice to know that the contents were something I could create that were not only mouthwatering and delicious, but great for me too! Being a Weight Watchers subscriber I found these recipes gave me choices I could create to throw healthy protein into my diet as well as easily calculate points with the natural ingredients the recipes included! If you are just starting off and wanting to go into making protein bars this is a great book. The author did a great job presenting the material and recipes in any easy follow way manner and really put together some great food to make yourself saving the preservatives, chemicals etc. I

received this book for free in return for an honest and true review.

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